

arranged in alternating fashion perpendicularly to the axis of torsion (X-X') of said sole, so as to obtain good flexibility under flexion while preserving good stiffness under torsion.

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19. (Amended) Sole according to claim 1, wherein said intermediate layer [or rib,] (9C) comprises, in proximity to its front and rear portions, two arc-shaped recesses (11a, 11b) substantially corresponding to the ends of said sole and capable of allowing passage of two stops (12, 13) formed from said contact layer (7) and on the inner surfaces of which parts of the upper (3) are adhesively bonded.

20. (Amended) Sole according to claim 19, wherein a shoulder (14, 15) perpendicular to the outer surfaces of said stops (12, 13) remains between [the latter] said stops and the plane of said [rib] intermediate layer (9C) so as to produce an attachment designed for installation of ice studs, in a high mountain boot.

21. (Amended) Sole according to claim 1, wherein said comfort layer (8A) comprises, in its rear part, a balanced heel-piece (6A) produced as a single piece with said layer (8A) [and replacing the outer heel-piece (6) of said shoe (1)].

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23. (Amended) Sole according to claim 1, wherein said ground-contact layer (7B) is formed from skids mounted externally on said [rib] intermediate layer (9) in recesses (20) provided in the latter for that purpose.

24. (Amended) Sole according to claim 1, wherein said comfort [zone] layer is constituted by points (8b) made of the material on the upper part (7a) of said contact layer (7), and which pass through said intermediate layer, [or rib] (9D) [and clear it by a value equal to the thickness of said comfort layer to be produced].

25. (Amended) Sole according to claim 1, [wherein said rigid intermediate layer, or rib, (9E) allows mechanical attachment of] further comprising a hinge-type binding loop (21) [in an application to cross-country ski or Nordic hiking boots, comprising or not an inner